

Informant: LMP-S2

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MOJ: So we left off at what?

CH: Two-Twenty-Seven ash wood (*fresno*). What do you use ash wood (*fresno*) for?

S2: Ash wood (*fresno*) is used to reduce fevers and temperatures or it can also be used for spiritual things. It's good for very high fevers. It can be used as a tea, as an enema or you can bathe with it and immediately the fever is reduced.

CH: And if you make the tea, do you prepare it in the same way that you generally do?

S2: Yes.

CH: I don't remember what ash wood (*fresno*) looked like, does it have small leaves?

S2: Long ones.

CH: And so one leaf?

S2: Two to three leaves.

CH: And that is for when someone has high fever?

S2: Yes.

CH: And when a person drinks this tea do they have to wait along time for it to take effect?

S2: No, immediately the fever starts to go down.

CH: And the enemas, when do you do those?

S2: When there is a high fever. You can give a person a tea to drink and also give the person an enema.

CH: So you cook it as if you were going to make a tea but you use it as an enema.

S2: Yes.

CH: But that's when a person has a super high fever?

S2: Yes.

CH: For adults and kids?

S2: Yes, for adults and kids, for everyone.

CH: And when you prepare the baths (*baños*) do you make it only with the ash wood (*fresno*)?

S2: Only with ash wood (*fresno*).

CH: It's for fevers?

S2: Yes, also for fevers.

CH: And when you make the bath, do you put in more leaves?

S2: Yes, more leaves.

CH: We have (*chaya*), do you use it?

S2: In Mexico they use (*chaya*) to make fresh waters (*aguas frescas*), which are good for diabetes, for scorpion [alacran] bites and insect bites.

CH: And do you eat it to get rid of the bites or what?

S2: You can chew it or take it as a tea. Usually it is chewed because they make salads out of it.

CH: So that's to combat diabetes?

S2: Yes.

CH: Does it cure diabetes? Or does it just help?

S2: It just alleviates the symptoms. I don't think any herb will cure it completely.

CH: So for example, if an insect bites you, you just have to chew the (*chaya*) and eat it?

S2: Uhum, you can eat it.

CH: You don't apply it directly to the area?

S2: You can apply it as well.

CH: And is it immediately effective or does it take a while?

S2: It will take some time because it has to go into the blood stream.

CH: And it's for adults and children?

S2: Yes.

CH: Do you use the Native American sage (*salvia*) from California?

S2: Yes.

CH: And for what do you use it?

S2: I use it for spiritual things but it also has other uses. It can be used for the bronchioles and fevers.

CH: In a tea?

S2: As a tea.

CH: I noticed you have sage (*salvia*) in your car, is that for your protection?

S2: Yes (laughs).

CH: And so Native American sage (*salvia*) is used for protection?

S2: Yes for protection and spiritual things.

CH: If you were going to use it for medicinal purposes, how would you do it?

S2: A spoonful of the leaves.

CH: Concerning all the plants we have talked about, what is your opinion - is it better to use fresh plants or is it the same to use them dry?

S2: Well, if you can use fresh ones it is much better, because they contain all the energy and all the salt and they are concentrated. Once the plant is dry it loses a lot.

CH: So it's best fresh? More effective?

S2: More effective.

CH: And the wormwood (*ajenjo*)?

S2: Wormwood (*ajenjo*) is good for parasites, hepatic problems (*problemas hepaticos*), for high temperatures, for bile (*bilis*), for spiritual things. Wormwood (*ajenjo*) has many qualities.

CH: Wormwood (*ajenjo*) is the plant that you showed me when I first met you, that is used to initiate a person into spiritual things?

S2: For spiritual things.

CH: So a person would have to take it in the form of a tea?

S2: Yes.

CH: How much of wormwood (ajenjo) do you use?

S2: Very little because it's very strong and it can cause blood pressure problems. It is really bitter so it can also bring your blood sugar level down.

CH: Wormwood (ajenjo) has little leaves?

S2: Yes, there it is.

CH: Oh, there it is! So you use only a small branch like this?

S2: Yes, about that much. You do not use a lot, it's not like a person is going to drink a big cup - just a small amount.

CH: And for a spiritual initiation, how long does the person have to drink it for?

S2: It depends, because they might have to bathe and take that herb for a determined amount of days and so it depends on the kind of initiation.

CH: It depends on the initiation?

S2: Yes.

CH: And for problems of the bile (*bilis*), hepatic problems (*males hepaticos*), gastritis, and the other illnesses we spoke about, how many times a day does a person have to take it?

S2: Once, this tea is generally taken before breakfast (*en ayunas*).

CH: And how long would you say the treatment lasts?

S2: The treatment is most recommendable for nine days.

CH: Is it the same for Native American sage (*salvia*)?

S2: It could be recommended for nine days.

CH: And should sage (*salvia*) be taken more than once a day or just before breakfast (*en ayunas*)?

S2: No, you can take it any time.

TAPE LOSES QUALITY

CH: Now we have (pinon), or (piñon) – the red pepper, Mexican pepper?

S2: Oh...(pirul).

CH: *Pirul!*

J: How do you spell that?

CH: P-I-R-U-L. We had spelled it wrong. O.k. so what do you use it for?

S2: For spiritual reasons and also as an astringent (*astringente*) for the mouth.

CH: How do you prepare it to use it in that way?

S2: You boil it and rinse your mouth with it.

CH: How much of (*pirul*) do you use? – only the little peppers?

S2: No, the leaves.

CH: How many leaves?

S2: A spoonful of leaves, that's the rule for eight ounces of water.

CH: And so you rinse with it when the water is warm?

S2: Yes, tepid.

CH: Do you have to rinse more than once?

S2: It has other qualities but I don't remember what they are right now.

CH: You rinse more than once a day or?

S2: More frequently, it really doesn't matter because it will only help to better the gums.

CH: For when blood comes out of the gums?

S2: Yes

CH: And for spiritual things also?

S2: Yes.

CH: Like baths (*baños*)?

S2: Baths (*baños*) and cleansings (*limpias*).

CH: For the cleansings (*limpias*) do you boil the stuff or use it fresh?

S2: Fresh.

CH: Rue (*ruda*)?

S2: Rue (*ruda*) is another herb used a lot for parasites (*parasitos*), for menstrual colic, air (*aire*), for spiritual things. Rue (*ruda*) has many qualities.

CH: And in what form is it used the most, as a tea, a bath, or for cleansings (*limpias*)?

S2: It is used in the same way for everything.

CH: It's very useful.

S2: Yes.

TAPE QUALITY WORSENS

CH: For menstrual colics how do you prepare the tea?

S2: I think it would be a half spoonful because it's very strong. It's not recommended for a pregnant woman.

CH: So how much?

S2: About two or three leaves is fine, just a small branch (*una ramita*), because it should not be a lot.

CH: O.k. so about two or three small branches for eight ounces of water?

S2: Yes.

CH: You boil it in eight ounces of water and you drink that?

S2: Yes.

CH: How many times a day?

S2: If the herb is fresh it is not recommended you boil it. When the plant is fresh you boil the water and when the water is boiling you drop in the herb and you cover it and turn off the heat so that you don't take away the plant's energy force.

CH: And then you just drink the water?

S2: Yes.

CH: But when it's dry you can boil it?

S2: Yes, you can boil it or you can do the same.

CH: And how many times a day does one drink it?

S2: You can drink rue (*ruda*) two or three times a day.

CH: That's for menstrual problems? And for air (*aire*) it would be the same?

S2: The same.

CH: How does one get air (*aire*)?

S2: Well it could be that you eat too fast or you haven't eaten, you've waited too long to eat.

CH: And for spiritual things do you use it just fresh?

S2: Fresh, for cleansings (*limpias*) and baths (*baños*)

CH: For baths you multiply what you use?

S2: Yes, what you put in the water.

CH: But depending on the same measurement you use in a cup?

S2: Yes.

CH: How about "fistula cane" (*caña fistola*)?

S2: "Fistula cane" (*caña fistula*) is for diarrhea and high temperatures.

CH: And you said for fevers too?

S2: Yes, fevers.

CH: How do you prepare it?

S2: As if it were a tea.

CH: How many leaves?

S2: This is different, what you boil is the vine.

CH: So, you boil the whole vine?

S2: You cut a small piece and boil it.

CH: And that is enough for eight ounces of water?

S2: Yes.

CH: How many times a day does a person take it?

S2: Twice a day.

CH: Does it take effect in minutes or in hours?

S2: Like all herbs, you know, it is not like a pill.

CH: O.k., it depends on the person too?

S2: Right.

CH: How many days would you say it takes?

S2: After a person takes it for a while you can start to notice a change in the person.

CH: And it helps to get rid of fevers?

S2: Yes.

CH: The next one is bloodroot (*zapote blanco*).

S2: Bloodroot (*zapote blanco*) is for arterial hypertension (*hypertension arterial*), for high blood pressure.

CH: You also told me some time ago that it was good for diabetes too.

S2: Yes, for diabetes too.

CH: And do you use the fruit of the bloodroot (*zapote blanco*)?

S2: You can eat the fruit, but generally what is used is the tree bark (*cascara*) or the leaf.

CH: Oh, the bark of the tree, o.k. which one is better?

S2: Both since they are from the same tree.

CH: And for high blood pressure (*alta presion*) is it like a treatment that you have to follow where you have to drink it all the time and incorporate it into your diet?

S2: Yes.

CH: So there is no bad effect if the person uses it for a long time?

S2: No, a person can take it as drinking water.

CH: How many leaves or pieces of bark?

S2: About two or three spoonfuls per liter of water.

CH: Two or Three spoonfuls of leaves?

S2: Yes.

CH: And of the bark also two or three spoonfuls.

S2: Yes, for one liter of water.

CH: And so what diabetic symptoms does bloodroot (*zapote blanco*) help alleviate and what are the symptoms?

S2: The symptoms of the person?

CH: The symptoms of diabetes. What are the problems that diabetes causes and which of those problems does it help with.

S2: Well, diabetes can cause you a lot of problems, such as urinating a lot, loss of appetite, fatigue, and all that. Also, wounds do not heal as quickly.

CH: So bloodroot (*zapote blanco*) helps to alleviate all of those problems or just some of them?

S2: It will help you control most of those symptoms.

TAPE QUALITY WORSENS

CH: Is there any other thing that a person has to take while he/she is taking bloodroot (*zapote blanco*).

S2: No, you keep your normal diet.

CH: ??????

S2: (Jade) is another plant that can be used for diabetes because it comes from the cacti family and you can use it for diabetes. You can eat it tender like the aloe vera (*savila*), like in a salad.

CH: Have you eaten it that way?

S2: No.

CH: Do you use it for spiritual things?

S2: Spiritual things as well.

CH: For cleansings (*limpias*) or baths (*baños*)?

S2: No, it is used to bring luck.

CH: Is it used fresh?

S2: Yes.

CH: And if you are going to make tea like (*jade*) to combat diabetes, can you mix it with bloodroot (*zapote blanco*) to increase the effect?

S2: You could but (jade) it has to be liquefied, so I don't think so.

CH: Oh, so it has to be liquefied. You use it raw?

S2: Yes.

CH: How many pieces?

S2: Two or three leaves.

CH: And how much water? Eight ounces or more?

S2: You would use less because if you're going to mix it, then you use less water. You use juice, like pineapple juice or something.

CH: Sounds good. So the person would drink that daily?

S2: Yes, it is recommendable that it is taken always before breakfast (*en ayunas*).

CH: And (*guamuchin*)?

S2: It's called (*guamuchil*). (*Guamuchil*) is another astringent and it used to be used and maybe it is still used for curing animal hide (*curtir pieles*).

CH: Curing animal hide - I don't understand?

S2: For animal hides – to dry them out so they do not spoil.

CH: Oh, for curing animal hide!

S2: Yes.

CH: Do you prepare the leaves in hot water?

S2: I couldn't tell you how it is done exactly but the indigenous people used it for that.

CH: So it's an indigenous plant?

S2: Yes.

CH: And as an astringent how do you use it-how many leaves?

S2: A spoonful of leaves to wash your mouth or the bark as well. The fruit is delicious so the vine is eaten a lot. They are like beans but bigger.

CH: You eat them like a fruit?

S2: Yes.

CH: How many times a day would you do these rinses?

S2: Two to Three times.

CH: The verbena (*verbena*)?

S2: Verbena is mostly used for spiritual things.

CH: And papaya?

S2: Papaya is used for scorpion (*alacran*) bites and it is good for constipation (*estreñimiento*) for kidney (*riñones*) problems. The fruit is what is used.

CH: The fruit is eaten for kidney problems?

S2: Uhum, and constipation.

CH: How many times a day or does it matter?

S2: It is generally taken before breakfast (*en ayunas*). It is very good for parasites.

CH: For parasites?

S2: Yes, the fruit with the seed.

CH: Oh, you also eat the seed?

S2: Yes.

CH: Crunchy.

S2: Well, you are not going to chew the seeds.

CH: You just chew the fruit and you swallow the seed?

S2: Yes.

CH: And the leaf is for scorpion (*alacran*) bites, do you apply it directly?

S2: Yes, you apply it directly to the area.

CH: Is there an occasion where you make a tea from the leaf?

S2: No, I don't think so.

CH: You just mash it and you use it?

S2: Uhum.

CH: O.k. shave grass (*cola de caballo*)?

S2: Shave grass (*cola de caballo*) is a diuretic, for urine stimulation, for kidneys (*riñones*), for cleaning wounds, intestinal ulcers, and stuff like that. Shave grass (*cola de caballo*) has many curative properties.

CH: How do you prepare shave grass (*cola de caballo*)?

S2: You boil it and drink it like a tea. Instead of drinking water you replace it with the tea, as if you were having an iced tea. It helps to remove calcium deposits from the kidneys, urine, and liver. It has many qualities.

CH: It takes everything out, so it softens it all up?

S2: Yes. You can mix it with bearberry (*pinguica*). I didn't show it to you.

CH: I don't think you did, but you have talked a lot about bearberry (*pinguica*). Do you have some here?

S2: Yes, I forgot to show it to you. There are many plants I forgot to show you.

CH: Well, we'll get it next time. O.k. so you mix it with bearberry (*pinguica*) and what does it look like?

S2: Bearberry (*pinguica*) is a small leaf. I don't recall what they call its fruit, here.

CH: So it's a small fruit?

S2: Yes, they are small fruits.

CH: Like ????

S2: Yes.

CH: And so for shave grass (*cola de caballo*) what would be a measurement you would use normally for that?

S2: Well...

CH: Because last time when we were in your garden you gave us some shave grass, they are like hairs right?

S2: It is a long plant, like a bamboo, but it's hollow inside.

CH: So, I think you gave me a long piece of it, would that have been too much?

S2: No, that's fine. The person can tell if it is too strong or too weak.

CH: Depending on the color? If the color is very dark then it's very strong?

S2: The person could add some more water to it and it would be fine.

CH: So looking at the color of the water...

S2: That will help you calculate.

CH: And is it good to drink it as if it were your daily drinking water?

S2: Yes

CH: For ulcers and problems with urinary tract infections (*mal de orin*), the kidneys and all that, how long does the person need to be on this treatment?

S2: Until they see results.

CH: So it depends?

S2: It depends on the person.

CH: O.k. so we have wolf's-bane (*arnica*), or did we already talk about wolf's-bane (*arnica*)?

S2: Wolf's bane (*arnica*) is good for wounds and internal and external bruises.

CH: Does it have a fruit?

S2: No, just a flower. It's a bit delicate because if it is not administered carefully, it can cause a person's death. Many people have the custom of taking it for bruises. Through word of mouth, people will hear that (*arnica*) is good for that but really they are not fully knowledgeable of what they are talking about. Wolf's-bane (*arnica*) is a very strong herb. It can lower your pressure and even cause you to have a heart attack if you take it in excess. It is like anything else.

CH: What is excess?

S2: I couldn't tell you, but it's always recommendable to take half a cup and not much more than that.

CH: So to make a wolf's bane (*arnica*) tea how many leaves do you use?

S2: About half a spoonful for a half a cup. It's very good for bruises, infections, cuts, and all that. It's great. It's a marvelous plant.

CH: So you wouldn't recommend that a person drink it more than once a day?

S2: No, because it's too strong.

CH: And if the person continues to have pain and is not healing, how many days would that person have to drink that tea?

S2: I don't really like to recommend it as a drink. It is preferable that it be used externally.

CH: Oh! And if you apply it on the outside how do you prepare it?

S2: There are wolf's bane (*arnica*) creams and unguents. In my town it is commonly put in alcohol. So when you cut yourself, when you have a wound or whatever, you wash and immediately you place some of that on the area, and that cuts off the infection and it

heals you quickly. They also boil wolf's bane (*arnica*) in water and they clean your wounds with that.

CH: So, about half a spoonful?

S2: More (laughs) in that case you don't have to be so careful.

CH: In that case it doesn't matter, and when they put it in alcohol is it a small bottle?

S2: It's generally a big bottle.

CH: And from there whatever is needed?

S2: (laughs) whatever is in the bottle.

CH: And the bamboo?

S2: Bamboo is good for parasites.

J: Wait, let me interrupt, what is this? Is it for bruises?

CH: For like bruises like this?

S2: Yes.

CH: He has pomades.

J: You just rub it on?

S2: Yes.

CH: Oh, yeah my grandma has this. I never paid attention to it before. This is an unguent.

J: Do you ever apply it fresh? - Your own ointment, remedy?

S2: Yeah.

CH: Yeah, if you put it in a bottle of alcohol.

J: Bottle of alcohol?

CH: Yeah, you put a bunch of the wolf's bane (*arnica*) in an alcohol bottle. You let the alcohol turn green and then that's what you put on your bruises and things. Oh, is this tincture (*tintura*)? Some tincture? So that is the best recommendation for wolf's bane (*arnica*), o.k. What about sage (*salvia*)?

S2: The Mexican sage (*salvia Mexicana*), well there are different types of sage, the one I showed you is a garden variety, that is also used for spiritual things, but there are other sages that are used for hepatic (*hepatico*) problems.

CH: The Mexican sage (*salvia Mexicana*) is not for that?

S2: Yes.

CH: Yes?

S2: Yes.

CH: O.k. you showed me two types, this one and...

S2: The native one.

CH: The Mexican sage (*salvia Mexicana*) and the native one. There are three sages (salvias). Is it used for headaches?

S2: Yes.

CH: In the form of a tea?

S2: The one I showed you down there is used externally.

CH: It's put on, so it's this one not the Mexican one?

S2: No.

CH: The regular sage (*salvia*) that is not Mexican and is not from California - That one you just put it on? - the leaves or do you put them in...

S2: No, you place the leaves, tied on like this, on the head to relax or to release the substance of the herb.

CH: For getting rid of headaches?

S2: Yes.

CH: And the (sounds like: *epazote*)

S2: For parasites, to cook with, it is used a lot to cook beans. It is also used to give flavor to food, and for stomach gas.

CH: To combat worms (*lombrizes*) do you have to take it in the form of a tea or how do you prepare it?

S2: Well, we used to get it before breakfast (*en ayunas*) and I hated it (laughs). Every morning we used to take it and we were not allowed to eat.

CH: So, how do you prepare (*epazote*)?

S2: As a tea before breakfast.

CH: Was it bitter (*amargo*)?

S2: No, but when you are a kid, the fact that you know it's a medicine will make you hate it. You wanted to eat something and they wouldn't let you eat anything.

CH: All day they didn't let you eat?

S2: No, just until we had a bowel movement.

CH: Oh, my gosh, I hope you were able to go to the bathroom quickly. How do you prepare the tea? How many leaves?

S2: It's sometimes hard to give measurements, about five fingers. You will be able to tell, it's a bit difficult to give an exact recipe (laughs).

CH: That happens to me too. So, would it be for stomach gases?

S2: For gasses and all that.

CH: And for food you use it?

S2: Yes.

CH: And (*amispero*)?

S2: It's used for diabetes and high blood pressure. The fruit (*loquat*) is very good too, and in the market they are starting to sell it. The Orientals eat it a lot. It is also used to (*nacerar*) wine and the seed gives the tequila (*añejamiento*) and a better flavor.

CH: I didn't know that, that's interesting. What about for arterial pressure (*presion arterial*) one would have to get...

S2: A leaf.

CH: Is it big?

S2: Really big.

CH: Long?

S2: This long and this high.

CH: Oh right, so one leaf makes one tea?

S2: Yes.

CH: How many times a day would they have to drink that?

S2: About two to three times a day.

CH: And this is something you can drink continually?

S2: Continually since they are not dangerous plants.

CH: Yes, because with blood pressure (*presion*) stuff one needs to be under like treatment and with diabetes I imagine it's the same.

S2: Yes.

CH: And the "*chayote squash*"?

S2: Yes, for the same thing.

CH: Do you use the leaf of the "*chayote squash*"?

S2: The leaf, the fruit, well the vegetable because it's a vegetable not a fruit. You can use it for diabetes, even as a diuretic or when you want to lose weight. Eating (*Chayote*) helps a lot in the elimination of water.

CH: So, this is something that if you incorporate into your diet, if you eat (*chayote*) that helps you with diabetes, high blood pressure (*presion alta*), for dieting and all that, and also the leaves - are the leaves big or small?

S2: It is a big leaf. You can use one or two leaves to make a tea.

CH: And is this a tea you can take daily?

S2: It is most recommendable to take it in the morning.

CH: And that one also has no bad effects if you take it for a long time?

S2: No.

CH: And ginger (*jenjibre*)?

S2: Ginger (*jenjibre*) is used to give flavor to food and for the bronchioles.

CH: Do you use the leaf or the flower of the ginger?

S2: The root!

CH: Oh, the root.

J: You have three kinds of ginger (*jenjibre*)?

S2: Yeah.

J: Is there any difference in their use, in the color of the flower?

S2: I think there is a difference because none of the ones that I have are used for eating. I'm not too sure if they are used for cooking because I remember the one we used to grow for cooking was different than this one, so I really don't know if they can be used for cooking. I have different types of ginger. You haven't seen the red flowers and the pink ones-they call them ginger.

CH: They are huge.

S2: ???

J: So the three you have may not necessarily to eat?

S2: I don't know.

J: Are the three that you have, are they really different kinds of plants, different kinds of ginger? They flower different?

S2: Yeah, they are different.

J: What time of year do they flower?

S2: They are blooming right now. They bloom nearly year round, but now in summer time they bloom more than –

CH: Than before.

J: If it's possible we might take a closer look some time because the plant taxonomist, the plant specialist that we gave the samples to, all we gave him is a leaf, so he doesn't know the difference in flowers.

S2: OK, yeah, because the one that has white spots, like white stripes, that one blooms white and the other ones bloom pink and the other one is yellow.

CH: So different colors, o.k.

J: But you use them the same way? They don't have any difference in their effect?

S2: I don't think so.

CH: They can all be used for bronchioles?

S2: Aha.

CH: So for the bronchioles do you use the root?

S2: The root.

CH: How much of, about how much? Like this?

S2: A small piece in tea with honey.

CH: And the root, since it is a root does that have to be boiled or not?

S2: Yes.

CH: Black walnut (*nogal negro*)?

S2: Black walnut (*nogal negro*) is for (*ortucaria*) or for skin problems.

CH: Like for itchiness (*picazones*)?

S2: Aha, for baths (*baños*). They also use it for migraines (*migrañas*).

CH: So you use it on the outside?

S2: You can take it as a tea as well.

CH: As a tea what do you use, the leaf?

S2: The leaf or the bark of the tree can be used.

CH: And if you use the bark, you would use a piece like this, would you say?

S2: Yes.

CH: And the leaf, how much would you use?

S2: About a spoonful.

CH: O.k., so how many times a day should it be taken?

S2: Two to three times a day, that's generally the normal dosage for a tea. You can take it after or before each meal. Teas are generally taken this way.

CH: Before or after?

S2: Yes.

CH: And that begins to help the skin?

S2: Yes.

CH: In about how many days do you begin to see results?

S2: It's pretty quick.

CH: And to do the baths (*baños*) you prepare the leaves?

S2: You boil the leaves and you can use that water to bathe in.

CH: You can bathe in that?

S2: Uhum.

CH: And for migraines (*migrañas*), do you simply bathe in it?

S2: You can drink it as a tea.

CH: Tea is preferable for migraines?

S2: Yes.

CH: ** *INAUDIBLE***

S2: No.

CH: But you do know what is used to make, “fire lard”(*manteca de fuego*)?

S2: Yes.

CH: And (*higuereta*)?

S2: The (*higuereta*) is a good laxative (*laxante*). The oil is extracted and used to make lamps. It’s a laxative that pregnant women can use without any problems, but it is also bad in excess, because it’s a poison. It is almost contradictory, right?

CH: Yes, because pregnant women are the most delicate, they have to be very careful.

S2: But it’s a seed that can be used as a pill and it doesn’t harm them.

CH: And so if a woman needs to use it as a laxative (*laxante*) and she’s pregnant, what would be a regular dosage?

S2: One or two seeds.

CH: The seeds are the ones that are used?

S2: Yes.

CH: O.k., so one or two seeds to make a tea?

S2: No! You swallow it.

CH: You swallow it?

S2: Yes, it is like a capsule, like a pill.

CH: So you just swallow the seed?

S2: You don’t chew it either, you swallow it.

CH: You swallow it, o.k. How interesting, a natural pill. So one or two helps.

S2: Uhum.

CH: And how long could the treatment last so that it helps?

S2: Once a day.

CH: Once a day only?

S2: Yes, it is not recommendable to take more than that.

CH: O.k., and the “golden button” (*boton de oro*)?

S2: That can be used for spiritual baths (*baños espirituales*), for spiritual things.

CH: I would like to ask you how you take care of your plants so that they grow. Is there a specific time of year when certain plants should be planted or when they shouldn't be?

S2: No, I do it when I have time (laughter).

CH: When you have time you do it, so it's nothing you are particular about?

S2: No, it's done when I have time.

CH: Is that true for all of them?

S2: Yes.

CH: Is there a special time to cut them? A time of day?

S2: Very early in the morning or late in the evening.

CH: Is there an explanation for that?

S2: Yes, because of the sun.

CH: The sun, o.k.

J: You have sage (*salvia*) on the dashboard of your truck?

S2: Yeah.

J: Why?

S2: That's for protection.

CH: O.k., well that's all the questions I have. I was asking about some of the harvest things but he doesn't have a particular time at which he harvests. He says he basically just plants things when he has time. If he sees something, he takes it and plants it now, and he just waters everything and plants it as he has time, it's not a particular time of day or month or anything like that. He cuts either early in the morning or late in the evening, not in between.

J: ???

CH: You don't save plants then, you don't dry the plants either?

S2: No, when something is going to be cut and saved then you do need some time because not everything works.

CH: But you don't generally do that?

S2: No.

CH: He prefers to use herbs ??? but he recommends them fresh, they have more potency, more energy, more life force if they are fresh, so he recommends fresh ones, which is why he has this garden and he would just go in there and pick what he needs when he needs it.

J: Do you have any idea how many different plants you have in your garden?

S2: God knows... so many, so hard for me to count them.

CH: You don't have a garden you have a jungle.

J: And of that tree you gave us samples of, do you think maybe there's some other medicinal plants in there that we just didn't get to today?

S2: Oh, yeah! A few more.

CH: He mentioned bearberry (*pinguica*) today. You want to ask about taking a few minutes of shooting around here?

J: ????

CH: He would like to, yeah. But he usually doesn't hang out here. I took a whole video here before but it may not be as good quality as this camera could get.

CH:food all the time, like just cooked with it, she was a ginger lady.

J: So that was a heavy concentration of consumption then?

CH: Well not heavy concentration, but just like, if she was going to eat something on a certain day and it would be something that tastes good with ginger (*jenjibre*), she would put ginger in it or she would wake up in the morning and have herself a little ginger tea, or if she felt like having just some ginger, like you know how they give you ginger when you have sushi? How they give those side dishes of ginger, she just enjoyed eating it like that as well, so she just ate it. There's no - she didn't believe that there was any harm in eating it and incorporating it...I don't know if maybe that's what helped or the power of faith, like they say.

J: What did Sammy say about it?

CH: he says he hasn't heard of it being used for - (abrupt cut off).

END OF TAPE